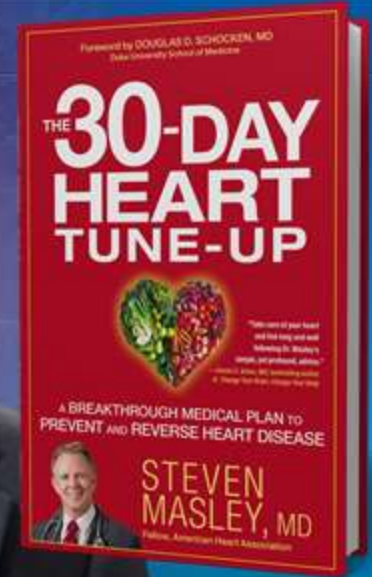
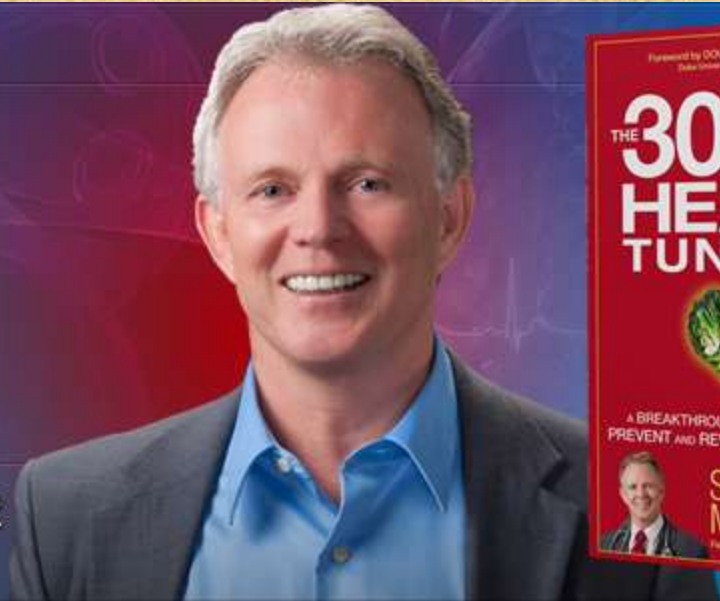


STEVEN MASLEY, MD

THE 30-DAY HEART TUNE-UP

A BREAKTHROUGH PLAN TO TUNE UP YOUR
HEART, ENERGY, WAISTLINE AND SEX LIFE



30 Days To A Healthy Heart Book

President, Dr. Masley's Optimal Health Center



Steven Masley, M.D. is a physician, nutritionist, author, speaker, and award-winning patient educator. He has devoted his medical career to the study of heart disease & aging, and has published significant research on these subjects in leading medical journals. His passion is empowering people to achieve optimal health through comprehensive medical assessments and lifestyle changes. Dr Masley Dr. Masley has received the award of Fellow from three prestigious organizations: the American Heart Association, the American College of Nutrition, and the American Academy of Family Physicians. He is also a Clinical Assistant Professor at the University of South Florida, and he teaches programs at Eckerd College and the University of Tampa.

In 2010, he received the physician Health Care Hero award by the Tampa Bay Business Journal, plus he has received several awards for his lifestyle related research. Dr. Masley sees patients from across North America at the Masley Optimal Health Center in St Petersburg, FL. Dr. Masley has published several health books, including Ten Years Younger, and numerous scientific articles.

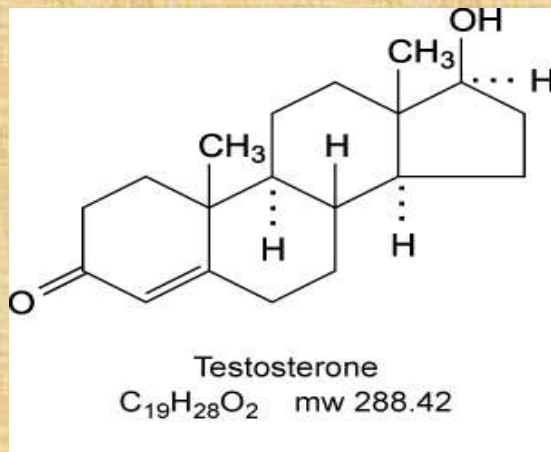
Study Shows Sugar Doubles Your Risk for a Heart-Related Death



Over the last ten thousand years, we have developed a natural affinity for sugar, a useful source of energy for ancient tribes that often faced famine. The brain rewards us for eating sugar with a blast of chemicals that make sweets extremely satisfying. The problem is, we no longer endure famines. So we don't need sugar and our brain does not have a shut-off switch to help us just say no to sugar.

Why is this a problem? A recent research study published in the prestigious Journal of the American Medical Association (JAMA) entitled Americans eat far too much sugar. Indeed, sugar consumption is very high in the United States. Between 2005 and 2010, 71.4% of adults in the U.S. got 10% or more of their calories from added sugar and 10% of people consumed more than 25% of calories from sugar (that would be 1/2 cup or 25 teaspoons of sugar). WOW, that is a lot of sugar! The most common sources of added sugar in the American adult diet included sugar-sweetened beverages, grain-based desserts, fruit drinks, dairy desserts, and candy.

Testosterone Naturally



Testosterone improves not just your sex drive, but it also enhances exercise drive, energy for work, mental sharpness, muscle repair, and revs your metabolism to help with weight control. Although improving testosterone levels has not yet been shown to increase lifespan, having a healthy testosterone level improves quality of life for both men and women.

There are three ways to increase testosterone activity naturally with simple lifestyle choices. The first is to increase total testosterone production. Second is to increase the amount of free and active testosterone that can stimulate testosterone receptors. The third is to unblock testosterone receptors, opening them up for testosterone stimulation.

**For more information please
visit**

<http://www.hearttuneup.com>